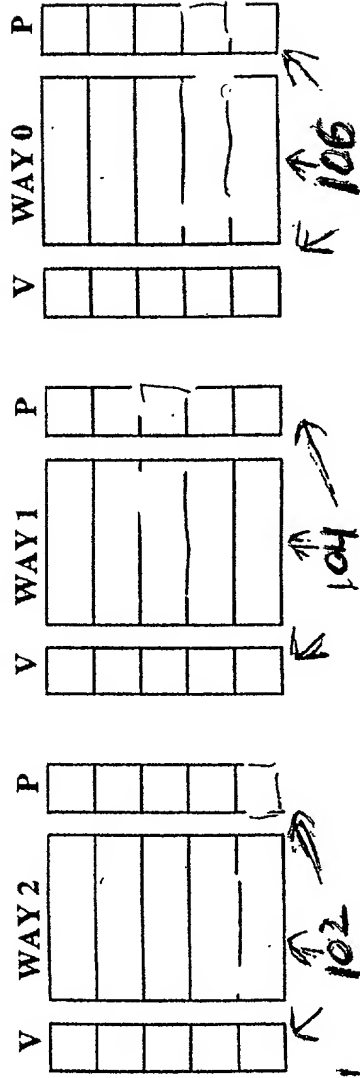


TEST REPORT



100

FIGURE 1

Variable	Control group		Experimental group		Significance
	Mean	SD	Mean	SD	
Age	21.5	1.2	21.8	1.1	0.85
Gender	10 M, 10 F		10 M, 10 F		0.92
Height	175.5	5.2	176.2	5.1	0.78
Weight	72.5	10.5	73.2	10.2	0.91
Pretest score	15.2	2.5	15.5	2.4	0.88
Posttest score	18.5	3.2	19.2	3.1	0.75
Improvement	3.3	2.8	3.7	2.7	0.82
Time taken	12.5	1.5	12.8	1.4	0.89
Heart rate	145	15	148	14	0.76
Respiratory rate	18	2	19	2	0.83
BP (mmHg)	120/80	10/5	122/82	10/5	0.87
SpO2 (%)	98	2	97	2	0.79
HRV (ms)	50	10	52	9	0.81
HRV (bpm)	10	2	11	2	0.84
HRV (SDNN)	40	8	42	7	0.86
HRV (RMSSD)	20	4	21	4	0.80
HRV (pNN50)	15	3	16	3	0.82
HRV (TP)	0.5	0.1	0.5	0.1	0.85
HRV (VLF)	0.1	0.02	0.1	0.02	0.88
HRV (HF)	0.4	0.08	0.4	0.08	0.87
HRV (LF)	0.1	0.02	0.1	0.02	0.89
HRV (VLF+HF)	0.5	0.1	0.5	0.1	0.86
HRV (VLF+LF)	0.1	0.02	0.1	0.02	0.88
HRV (VLF+HF+LF)	0.6	0.1	0.6	0.1	0.87
HRV (VLF+HF+LF+TP)	0.6	0.1	0.6	0.1	0.89
HRV (VLF+HF+LF+TP+VLF)	0.7	0.1	0.7	0.1	0.86
HRV (VLF+HF+LF+TP+VLF+HF)	0.8	0.1	0.8	0.1	0.88
HRV (VLF+HF+LF+TP+VLF+HF+LF)	0.9	0.1	0.9	0.1	0.87
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP)	1.0	0.1	1.0	0.1	0.89
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF)	1.1	0.1	1.1	0.1	0.86
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF)	1.2	0.1	1.2	0.1	0.88
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF)	1.3	0.1	1.3	0.1	0.87
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP)	1.4	0.1	1.4	0.1	0.89
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF)	1.5	0.1	1.5	0.1	0.86
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF)	1.6	0.1	1.6	0.1	0.88
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF)	1.7	0.1	1.7	0.1	0.87
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP)	1.8	0.1	1.8	0.1	0.89
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF)	1.9	0.1	1.9	0.1	0.86
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF)	2.0	0.1	2.0	0.1	0.88
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF)	2.1	0.1	2.1	0.1	0.87
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP)	2.2	0.1	2.2	0.1	0.89
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF)	2.3	0.1	2.3	0.1	0.86
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF)	2.4	0.1	2.4	0.1	0.88
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF)	2.5	0.1	2.5	0.1	0.87
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP)	2.6	0.1	2.6	0.1	0.89
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF)	2.7	0.1	2.7	0.1	0.86
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF)	2.8	0.1	2.8	0.1	0.88
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF)	2.9	0.1	2.9	0.1	0.87
HRV (VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP+VLF+HF+LF+TP)	3.0	0.1	3.0	0.1	0.89

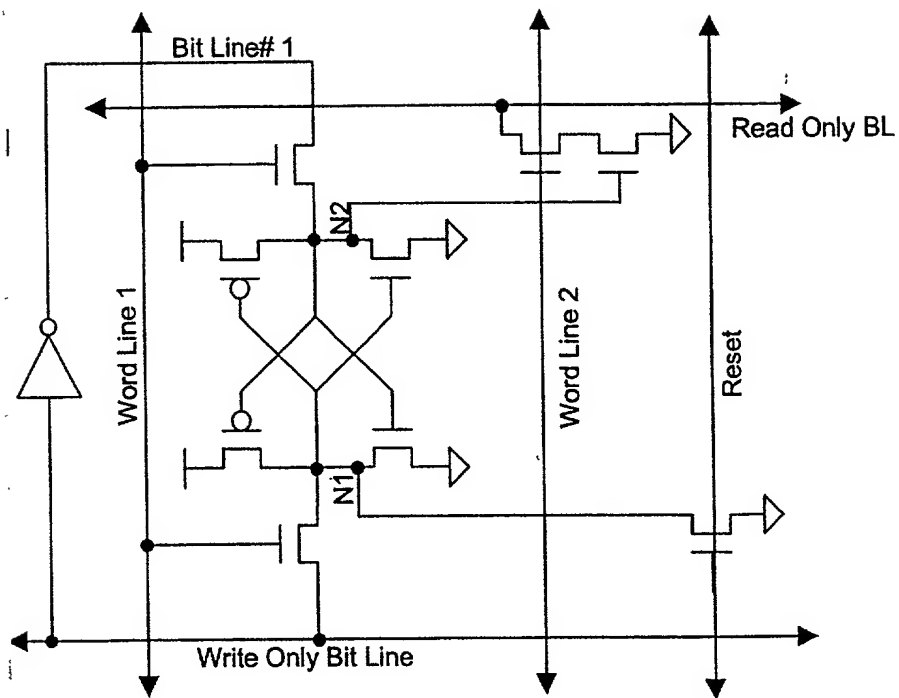


FIGURE 2